



**Veterans of Foreign Wars of the United States**  
**General MacArthur Memorial Post 392**  
2408 Bowland Parkway  
Virginia Beach, Virginia 23454-5207  
(757) 486-5875  
www.vfw392.org

**2014 Membership Goal: 1,780**  
**Current Goal Status: at 103.3% with 1,821 Members**

Since 1969: 13 'All State Post' and 38 'All American Post' Awards

**2013-2014  
ALL  
AMERICAN!**

## AUGUST 2014 - VOLUME 26, NUMBER 2

### 2014 - 2015 OFFICERS

|                               |                        |                                    |                    |
|-------------------------------|------------------------|------------------------------------|--------------------|
| Post Commander.....           | Steven C. Williams     | Ladies Auxiliary President.....    | Colleen Lewis      |
| Sr. Vice Commander.....       | Douglas M. Iles        | Ladies Aux. Sr. Vice President ... | Jennifer A. Winn   |
| Jr. Vice Commander.....       | Steven E. Graves       | Ladies Aux. Jr. Vice President...  | Jessica T. Johnson |
| Quartermaster.....            | John H. Phillips       | Ladies Aux. Treasurer.....         | Ellen Stogsdill    |
| Chaplain.....                 | Robert G. Duvall       | Ladies Aux. Chaplain.....          | Dinah V. Devins    |
| House Committee Chairman..... | Peter A. Gebelein      | Ladies Conductress .....           | Patty Stokes       |
| Service Officer.....          | Joseph G. Brady        | Canteen Manager .....              | Joe Halzack        |
| Surgeon.....                  | Raymond J. Strawbridge | M.O.C. Seam Squirrel.....          | David R. Goldstein |
| Judge Advocate .....          | Mark K. Winn           | M.O.C.A. President.....            | Jennifer Winn      |



### COMMANDER'S CALL

#### COMRADES AND SISTERS

We are NON-SMOKING as of August 1st. For all the members who have stated that they would love to come to the "V" but could not stand the smoke, your opportunity awaits you. I want to thank all members who came to the July 1st meeting committed to voting for their choice. The vote was 50 for non-smoking and 21 to continue as is. I want to thank the smokers who voted to change and want to make the Post better for all to habitat.

I, being a smoker, always felt that we were leaving the non-smokers out in the cold and we would not be serving all Veterans continuing on the same path. That said, many smokers were willing to give up their rights for you and I want to see all of you, who wanted to come to the Post when it became non-smoking, to

commence in doing so. We still have entertainment on Friday nights and we have a solid and fundamental team of Comrades who want to make the Post better than ever with new entertainment and social events to be looking forward to.

I would like to congratulate Mike Gaughan for our selection as "ALL-AMERICAN" Post for Division 1 (large post greater than 500 members). To be considered for All American we had to have completed all the numerous projects (20 in all), have achieved All-State status, and finish in the top 25 numbers for recruiting and retention worldwide. Under Mike's leadership and his utmost patience, we were able to surpass all of our goals and get selected.

We currently have over 1822 members and 374 Ladies Auxiliary members which would leave one to believe that we are able to cover all our activities with no problems. Not true. We need

all of you, Comrades and Ladies, especially those who would not participate due to smoking, to get  
... continued on page 2

### VOLUNTEERS NEEDED:

- **Post Staff Meeting:** Aug 4th, 1830. All Officers & Chairmen
- **Post Meeting:** Aug 5th, 1900. All members may attend
- **VA Hospital:** Aug 2nd, "Christmas in August" at Hospital, & need help filling bags day prior, see any Officer
- **VA Hospital:** Aug 23rd, BINGO at VA, see any Officer
- **Post 392 Picnic:** Aug 30th (setup), Aug 31st (setup, clean up), sign up sheets at the Post
- **VA Hospital:** Sept 1st, Carnival at VA Hospital, setup, clean up, assist events, see Colleen Lewis
- **Poker Run:** Oct 11th, set up, clean up, assist events, see Flip
- **Veteran's Day Parade:** Nov 11th, see Bill Sowers

**POST 392 - NEEDS YOU!**

active and volunteer for our events and fundraisers. We are a team of Veterans and Auxiliary coming together with the premise and devotion to serve fellow Veterans and Active Duty personnel. Be the next one to volunteer. We are all volunteers helping each other. Remember our mantra is "No One Does More for Veterans than Post 392". Remember: BE PROUD, BE PROFESSIONAL, VOLUNTEER AND PRESS ON!

### DATES TO REMEMBER

- 8/4 USCG established in 1790
- 8/6 Chinook helicopter shot down in Wardak Providence, Afghanistan killing 38, including 17 US DEVGRU special operation forces in 2011
- 8/6 The *Enola Gay* drops worlds 1st atomic bomb over Hiroshima in 1945
- 8/7 Operation Desert Shield begins in 1990
- 8/11 Last US ground combat unit departs from South Vietnam in 1972
- 8/12 Battle of Bunker Hill (Hill 122, Korea) begins in 1952
- 8/14 Official announcement of Japan's unconditional surrender in 1945
- 8/20 US Marines deployed to Lebanon in 1982

### NEW MEMBERS

I extend a warm welcome to the new members who were voted in at the last regular meeting:

#### **New / Transfer Life Members:**

Stanley Clarke

#### **New / Transfer / Re-Instated Annual Members:**

David A. Cool, Antonio Dominguez

Thank you for your service and welcome aboard!

### BIRTHDAYS

May I wish a "Happy Birthday" to Stuart W. Carson, Michael E. Gaughan, James J. Drew, Roseann Briesacher, Ingrid L. Epperson, Kathleen A. Halzack, Sue C. Sowers, Gail Stanley, Pamela Strickland, Sherry L. Weber, and 182 other fine Comrades and Sisters !

**Post Commander  
Steven C. Williams**

[commander@  
vfw392.hrcoxmail.com](mailto:commander@vfw392.hrcoxmail.com)



### **SENIOR VICE COMMANDER**

Comrades, great news with our selection to All-American Post status! Tremendous effort by all concerned here at the Post; numerous hours, time, patience, hard work and perseverance by the VFW Post 392 "team" paid off. It is a real honor to be associated with such an illustrious group of Vets from all five branches of the services. Bottom line is we helped a lot of fellow Comrades and Veterans in need along the way.

July has shown to be a time to get future plans together, to set goals, and prioritize our plan of attack to get them accomplished in a safe, reliable, effective manner. I want to emphasize that we need assistance and volunteers in about every category which are: Community Services, Americanism, Safety, Hospital, & Youth Activities. For the new members, now is the time to step up to the plate and get involved with the programs and when you do, please record all data related to the project(s), and fill in a

completion report in our control log. (Located on the podium outside the Post office) Everything we accomplish is reportable to VFW State Headquarters! We need to toot our own horn, but get it right the first time!

VFW POST 392 is going through some exciting but trying times. This past year we were rewarded for our work with Veterans and in the community, and we are trying our best to continue that work today. There is much to do that remains to be done this year:

- Visits to the VA Hospital to assist worthy Comrades
- Participation in Veterans Day Events , Patriots Day , POW/ MIA Day, Navy Birthday, Marines Birthday, Pearl Harbor Day, and other National Holidays honoring our Nation and its Veterans.
- Patriot's Pen and VOD Scholarship Programs for middle & high school students, Local Firefighter, EMS and Law Enforcement Officer recognition programs
- Thanksgiving & Christmas baskets to Veterans families in need
- Teacher recognition programs
- Service Officer assistance to local Veterans and their families
- Talking to our Legislators in Richmond and Washington, DC to insure that Veterans and their families are not forgotten.

Keep in mind that Veterans Day is rapidly approaching. 39 Marshals are required from VFW community. Volunteers are needed to support that effort. In addition, Comrades are needed to march in the downtown Virginia Beach Veteran's Day Parade. We

also do FLAGS OUT to all five cemeteries that weekend & and we will be undertaking "BUDDY POPPY" distribution at NAS OCEANA SITES.

Let me catch my breath and say "THANK YOU" to all the Comrades that mustered up for the JULY 4TH Independence Day Ceremony held here at the POST on a dreary rainy day. It was much appreciated!

"WE NEVER LEAVE A VET BEHIND"!

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## **CONTINUOUS MEMBERSHIP**

### **AWARDS**

The following Members have earned Continuous Membership Awards. Please attend the next Post Meeting to receive your lapel pin. If you are unable to attend, contact any Post Officer. If your name has not been listed and you believe that an award is due, please contact the Quartermaster.

#### **50 Years Continuous Service:**

James J. DiNardo Jr

#### **45 Years Continuous Service:**

John C. Vincent Sr.

#### **35 Years Continuous Service:**

Jeffery Lord

#### **30 Years Continuous Service:**

Robert W. Pratt

#### **25 Years Continuous Service:**

Donald E. Howard, James R. Townsend, John N. Sutton, Douglas L. Briggs, Gregory T. McElroy, Stephen L. Bryant

#### **20 Years Continuous Service:**

Michael B. Bohnsdahl, Thomas A. Brouwer, Scott A. Donnelly, David R. Goldstein, Richard J. Shafanda

#### **15 Years Continuous Service:**

Michael A. Dineen

#### **10 Years Continuous Service:**

Daniel D. Edwards, Paul Vile,

Gilbert U. Bigelow, William M Fitzsimmons

#### **5 Years Continuous Service:**

Jason J. Baross, Terry J. Howard, Russell S. King III, William S. Shingleton

Thank you for your service and congratulations!

#### **SR. Vice Commander**

**Douglas Iles**

[sr-vicecommander@vfw392.hrcoxmail.com](mailto:sr-vicecommander@vfw392.hrcoxmail.com)



### **JUNIOR VICE COMMANDER**

We are having our annual Post Picnic on August 31st! There will be plenty of good eats, a selection of adult beverages or soft drinks. There will be lots to do with games, prizes, raffles, and much more!

Bring your family, come down and join your Comrades and Sisters to enjoy a great time!

#### **Volunteers Needed**

We are still looking for volunteers to assist organizing, set-up, clean up, events, etc. Sign up sheets are posted in the Canteen.

If you have any questions, please contact Steven Graves (Jr Vice Commander), or any Post Officer.

#### **Jr. Vice Commander**

**Steven Graves**

[jr-vicecommander@vfw392.hrcoxmail.com](mailto:jr-vicecommander@vfw392.hrcoxmail.com)



### **QUARTER- MASTER**

#### **2014 MEMBERSHIP DUES**

Effective 1st of January 2014, National has increased annual dues to \$40.00. Annual Members can pay their dues at Post 392, online at [vfw.org](http://vfw.org), or by mail directly to:

#### **VFW National Headquarters**

Third Floor, Room 316

406 West 34th St.

Kansas City, MO 64111

(please include your membership #)

Consider changing your Annual Membership to a LIFE or LEGACY LIFE Membership, and never have to worry about renewals again!

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### **E-NEWSLETTER**

The newsletter is available via email, for free! To sign up, go to our website at [www.vfw392.org](http://www.vfw392.org), select 'Monthly Newsletter' on the left side of the page, and then follow the links to "Subscribe to the VFW Post 392 Mailing List".

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### **CHANGE OF ADDRESS**

Members, we all need to maintain a current address with the VFW. So when your mailing address changes, be sure to fill out an address change form, and mail it in, or drop it off at the Post. The best method would be to email it to the Post. If you drop it off or email it, please include your telephone number and email address.

#### **Quartermaster**

**John H. Phillips**

[post@vfw392.hrcoxmail.com](mailto:post@vfw392.hrcoxmail.com)



### **CHAPLAIN'S CORNER**

#### **HELP US TAKE CARE OF EACH OTHER**

When you or a family member falls ill, are injured, hospitalized, or experience the loss of a loved one - *please* contact us *ASAP*! It is important that we extend our hand in anyway possible to aid and comfort our fellow Comrades and family in their time of need.



## ILLNESS / INJURIES

Please read the Bulletin Board at the Post for most recent up-dates of Members on the Short Term Illness / Injury List.

The following members have serious, long term illness, or injury, requiring continuous care at the location listed below:

- Philip Coviello  
(Va Beach Gen., Room 345)
- Frank Myler  
(Home)

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## TAPS

The following list honors and remembers our Post Veteran members in their recent passing:

- **Donald H. Nunneley**  
US Navy (Retired)  
28 June 2014
- **Elizabeth B. Reagan**  
16 June 2014

At our monthly meeting, Draping of the Charter is conducted, and a prayer of solemn tribute is given on behalf of our departed Comrades. For they are now in the hands of our Heavenly Father.

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## VOLUNTEERS NEEDED FOR FUNERAL MEMORIAL SERVICES / COLOR GUARD

Our Post is shorthanded for volunteers to perform VFW Memorial Services of our deceased veterans. Participation in these honorable and formal procedures are requested from Veterans, or their families.

If you would like to participate, please contact the Post, Chaplain Bob Duvall, or the Service Officer Joseph Brady.

**District 2 Chaplain**  
**Post 392 Chaplain**  
**Robert Duvall**  
[chaplain@vfw392.hrcoxmail.com](mailto:chaplain@vfw392.hrcoxmail.com)



## **POST SURGEON**

Comrades and Sisters, our Members have been busy supporting our Veterans through our active hospital programs and individual assistance to veterans and their families. During the month of June, ninety four VFW/LAUX, and Cooties, participated in nine projects that benefited 10 VA Hospital patients and Veterans in need of assistance. These volunteers travelled a combined total of 306 miles at their own expense, with a valuation of over \$40 in time and service.

Congratulations are in order regarding our hospital volunteer's tremendous accomplishment in winning the William T. Allen Hospital Award for Hospital services provided in 2013 – 2014. This prestigious award was presented during our July Post meeting by VFW VA District 2 Commander Pete Gebelein.

Advances in VA Healthcare access: The Department of Defense, in collaboration with the Departments of Veterans Affairs and Labor, have integrated the National Resource Directory (NRD) into eBenefits to improve access to health care, benefits information and more at <https://www.ebenefits.va.gov/ebenefits/nrd>. After registering for website, Service Members, Veterans, families and caregivers can now find enhanced self-service capabilities and resources from one site.

New prescription policy: As of July 1st, military pharmacies around the country implemented a new policy to accept prescription transfers from other military and civilian pharmacies. This policy is

one of the first initiatives developed by the Defense Health Agency in conjunction with the military surgeons general. This standard prescription transfer process for all military pharmacies ensures patients can move their prescriptions to a new facility without getting a new prescription from their provider.

In closing, the hospital related volunteer work that you have been doing for our fellow Veterans is simply outstanding! Even with that being said, there remain a staggering number of Vets in the local area that we are currently unable to help due our volunteer's being stretched so thin. I encourage you to help them out by either becoming a hospital volunteer yourself, or by sending me your ideas for increasing our Veteran's health community outreach activities.

**Post Surgeon**  
**Raymond Strawbridge**



## **AUXILIARY PRESIDENT**

July proved to be very eventful indeed! We survived my first official meeting, Hurricane Arthur, and National Convention!

On July 12th, we hosted 30 wonderful visitors from the Hampton VA Medical Center. We provided hamburgers, hotdogs, salads and all the fixings that go with a BBQ. Thank you to Betz and all of the volunteers that came out to setup, cook, clean, dance, sang, and so much more! Everybody had such a wonderful time they are looking forward to October when we get to host them again! At our July meeting we voted to donate to the Honor Flight Program. If you have never

heard of them or would like more information please feel free to contact me or the Post! It is a wonderful organization that honors our WWII and Korean Veterans!

In August we will be hosting the District 2 meeting with lunch at 12 PM, Ladies Auxiliary meeting at 1 PM. Denise has a wonderful menu planned so please plan on attending! On August 23 Team 2 will be going to the VA center in Hampton for Bingo! Please check with Betz for meeting times.

And last but not least our annual Post Picnic will be on August 31st this year! If you haven't already done so please check out the sign-up sheet posted at the Canteen for volunteers! You can also contact Jr. Vice Commander Steve Graves or Jr. Vice President Jessica Johnson for more information. As hurricane season has greeted us already don't forget to check your emergency supplies.

I look forward to seeing you on August 5th for our monthly meeting! Thank you and God Bless

**Ladies Auxiliary President  
Colleen Lewis**

[post@vfw392.hrcoxmail.com](mailto:post@vfw392.hrcoxmail.com)



**MOC**

Fellow Coots,

There's a New Squirrel in town! All you Good Cooties – the ones who have not made it to a Scratch lately come check it out. For those of you who missed the Bash on 14 June it was truly LOUSY!

The next Scratch is 12 August, come on out – we are done with the Retreads, and there's fresh new Seam Squirrels lined up for the future.

Welcome to our new Cooties: TJ in June and Hal in July.

I'm looking for pictures of the past Seam Squirrels, if anyone has any let me know. Looking to develop something like we have for Post Commanders.

God Bless our Troops and Hospitalized Vets. Yours in LOTCS,

**Seam Squirrel  
David R. Goldstein**  
[cheng186@cox.net](mailto:cheng186@cox.net)



**MOCA**

I want to thank you for electing me to represent you and MOCA 9 this year! I know it will be a fun / lousy year. I would like to introduce and welcome the new 2014-2015 officers; Sr.-Vice Judy Lupole, Jr-Vice Colleen Lewis, Chaplain Ellen Stogsdill, Treasurer Patty Stokes, Secretary Tina Brown, Conductress Jessica Johnson, Guard Dinah Devins, and Chris Cassirer 3rd Year Trustee.

Cootie Bash was a great success, everyone had a very lousy time. I want to thank Bad Steve, Kim Graves, and all those who helped and brought side dishes.

I would like to give a big WELCOME to our newest auxiliary members; Jaimie Wilkins and Becky Massaro.

Upcoming events:

- August 2nd:, "Christmas in August" at the VA Hospital in Hampton. We will be leaving the Post at 10am. We will be filling bags on Friday August 1st at 5pm.
- September 4th: "Carnival" at the VA Hospital in Hampton. We need volunteers to set up at 9am. Fun starts at 12pm and

ends at 3pm. For more information contact Colleen Lewis @757-631-4716.

- September 7th: Cootie Breakfast starts again. Come out and show your support.
- October 18th: "Fall Council Meeting" at VFW Post 9808, Saturday starts at 9am.

Auxiliary Chaplain, Ellen Stogsdill, stands ready to assist any members in need, but she has to be contacted via email at [ellenstogsdill@cox.net](mailto:ellenstogsdill@cox.net) or (757) 777- 6275. If you wish to receive Chaplain Alerts, please contact Ellen so she can add you.

The MOCA 9 gavel has been missing. If you know its whereabouts, please return it to the Post. Thank you.

You, the members of our MOCA #9 and LAUX make a difference in the lives of our hospitalized Veterans and their families with the work that you do each day. I thank you.

**MOCA President  
Jennifer Winn**



**CANCER AID  
AND RESEARCH**

**FINDING SUPPORT  
PROGRAMS AND SERVICES**

*(excerpt from cancer.org Support & Treatment Resources)*

The American Cancer Society has programs and services to help people with cancer and their loved ones to understand cancer, manage their lives through treatment and recovery, and find the emotional support they need. And best of all, it is free.

**Online Communities & Support**

If you're facing a cancer diagnosis, connecting with others

who've been through one already can be a source of comfort and support. Learn more about the ACS (American Cancer Society's) online communities including [whatnext.com](http://whatnext.com) (firsthand insight cancer support network), [circleofsharing.cancer.org](http://circleofsharing.cancer.org) (personalized cancer information), and [csn.cancer.org](http://csn.cancer.org) (Cancer Survivors Network).

### Road to Recovery (Rides to Treatment)

Every day, cancer patients need rides to treatment. Some may not be able to drive themselves, and family and friends cannot always help. Call the ACS South Atlantic Division at (757) 493-7980 for more information.

### Hope Lodge

Getting the best care sometimes means cancer patients must travel away from home. This can place an extra emotional and financial burden on patients and caregivers during an already challenging time. The American Cancer Society is trying to make this difficult situation easier for both cancer patients and their families through Hope Lodge. Call (800) 227-2345 for more information.

### Additional Help Programs

There are many cancer related support programs at [cancer.org/treatment/supportprogramsservices](http://cancer.org/treatment/supportprogramsservices) like cancer education, help with cancer appearance-related side effects, programs for teens coping with cancer, etc.

For more information on cancers, visit the National Cancer Institute online at: [www.cancer.gov](http://www.cancer.gov). Let's celebrate less cancer and more birthdays!

### Chairpersons

**Tina Brown & Judy Lupole**  
[post@vfw392.hrcoxmail.com](mailto:post@vfw392.hrcoxmail.com)

## CANTEEN

### CANTEEN HOURS

**Monday-Thursday.... 1100-2200**  
**Friday..... 1100-0000**  
**Saturday-Sunday.....1100-2200**

### KITCHEN HOURS

**Monday-Friday..... 1100-1400**  
**Saturday / Sunday ..... closed**  
**Thursday Dinner ..... 1800-1930**

### WEEKENDS AT THE VFW

Start the weekend with **Friday's Social Hour Prices from 4-6 PM!**

The Canteen **opens at 11:00 AM** on **Saturdays** and **Sundays** with tap or bottle beer and beverages.

We have plenty of TVs, in the smoking and non-smoking rooms. So you will definitely have a good view to support your team / driver!

Come down and join your Comrades and Sisters at the Post!

### THURSDAY NIGHT DINNER

Below is the dinner menu available every Thursday from 6:00 - 7:30 PM:

|   |   |
|---|---|
| <b><u>Aug 7th</u></b><br><u>Spare Ribs &amp; Sauerkraut</u><br>potatoes, veggie, roll, salad, & dessert<br>\$8.50 | <b><u>Aug 14th</u></b><br><u>Fried Chicken</u><br>mashed potatoes, peas, roll, salad, & dessert<br>\$8.50       |
| <b><u>Aug 21st</u></b><br><u>Fish n' Chips</u><br>slaw, roll, salad, dessert<br>\$8.50                            | <b><u>Aug 28th</u></b><br><u>Grill Your Own Steak (Ribeye)</u><br>baked potato, roll, salad, dessert<br>\$11.00 |

### FRIDAY ENTERTAINMENT

Below is the entertainment for this month, come and enjoy the

music with your friends every Friday from 7:00 to 10:00 PM:

|   |   |
|---|---|
| <b><u>Aug 1st</u></b><br>Captain Moose<br>Karaoke & DJ  | <b><u>Aug 8th</u></b><br>Tim Hopkins<br>Live music  |
| <b><u>Aug 15th</u></b><br>Captain Moose<br>Karaoke & DJ | <b><u>Aug 22nd</u></b><br>Jim Berry<br>Karaoke & DJ |

### Aug 29th

TBD  
Juke Box

If you have any comments or suggestions for our Canteen, please let us know! And thank you for your service!

### Chairperson

**Pete Gebelein**

### Manager

**Joe Halzack**

[canteen@vfw392.hrcoxmail.com](mailto:canteen@vfw392.hrcoxmail.com)

## POST ANNOUNCEMENTS

### VIRGINIA VETERANS AFFAIRS REPRESENTATIVE

Mr. Hassan J. Cox has taken over for Liz Bonin as our local VA representative.

We welcome Mr. Cox and look forward to working with him concerning our local Veteran's affairs. As this is a recent change, there is no available date yet when he will be available at the Post.

Please contact the Post should there be an update on Mr. Cox's contact information and schedule.

You can also contact the Dept of VA concerning your VA questions and concerns at 1-800-827-1000.

### NOTARY PUBLIC

The following Post members are commissioned as Notary Public's in the Commonwealth of Virginia:

- Bob Duvall
- Joseph G. Brady

They are authorized to legally notarize documents such as Power of Attorney, Bill of Sale, Will, Living Will, etc. Please check with the VFW main office for appointment.

Be aware that under VA code the notary must acknowledge:

- (1) Signer must personally appear before the notary.
- (2) Signer (s) must positively be identified
- (3) Signer must affirm under oath the accuracy of the document.

Acceptable Forms of Identification:

To be acceptable, the ID must be current, contain a photo and physical description of the card holder, have the card holder's signature, and a serial or ID number. For example:

- (1) Driver's license or State issued ID card.
- (2) U.S. Passport
- (3) Foreign Passport, validated by INS.
- (4) Driver's license issued in Mexico or Canada
- (5) U.S. Military ID Card.

We do not rely on Social Security cards or photo ID cards issued by non government entities. Under the law the notary has the right to refuse, if he/she suspects something may be false or wrong.

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**392 JUNIOR GIRLS UNIT**

Jessica Johnson is attempting to start a NEW Jr. Girl's Unit at 392. We need 10 new members and 4 transfers to make this happen.

These units are open to girls 6-16 and will meet once a month at the Post, usually on a weekend. If there are any questions or comments please contact Jessica Johnson at:

[jessicaj@paradigm-corp.com](mailto:jessicaj@paradigm-corp.com)

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**VETERANS DAY PARADE**

**Volunteers Needed**

VFW co-ordination of the Veteran's Day Parade November 11th, 2014 by VFW District 2 is looming in just three months. We have been given the honor to co-ordinate this year's event but as yet I have not received a lot of interest from District Posts. It is extremely important that we put our best face forward. Volunteers, please contact Post 392, Bill Sowers, or Post 4809, Kathy Goodall.

We are seeking coordinators from all other District Posts. All Posts are needed to assist in this event. Please send coordinator information to Bill or Kathy.

A training session will be held at Post 392 on October 25th at 1300 in the Post small dining room. Assignments, training and Marshall ID Jackets will be distributed then.

The Chaplains from both Post 392 and 4809 have been selected as parade and luncheon chaplains. I still need pictures and short bios for each of them.

**Post 392 Parade Coordinator**

**Bill Sowers**

(757) 641-0471 / [bosn@sprynet.com](mailto:bosn@sprynet.com)

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**VA HOSPITAL PROGRAM**

**Volunteers Needed**

Just about every month we visit the Veterans at the VA Hospital. We provide them camaraderie, some fun, and a break from their everyday life at the hospital. This month we have:

- Aug 2nd - we will be doing "Christmas in August" for the Veterans at the VA Hospital. The day before (Aug. 1st) we will be filling the bags to be distributed to the Veterans.

- Aug 23 - Team 2 will be going to the VA Hospital in Hampton for some BINGO fun.

These events are supported by volunteers. If you feel you would like to participate, please contact me or any of the Post Officers.

Please, we could seriously use the help, and I promise you will have a great time! The Vets enjoy our visits, and it's just as fun for us - as it is for them!

**Hospital Chairperson  
Elizabeth Girouard**

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**AMERICAN RED CROSS**

**Donors Needed**

American Red Cross's Mid-Atlantic Blood Services Region serving central and southeastern Virginia has issued an **emergency** request for blood and platelets. All blood types are needed, especially types O-, A-, and B-.

Please call the American Red Cross to schedule an appointment for one of their upcoming blood drives:

1-800-RED-CROSS  
(1-800-733-2767)

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**POST 392 PICNIC**

**August 31st, 2014  
12:00 PM - 5:00 PM**

**Free to Members & Children  
\$5 for all other Guests**

We are having our annual Post Picnic on August 31st! There will be plenty of good eats, a selection of adult beverages or soft drinks. There will be lots to do with music, children's games, a corn hole tournament prizes, raffles, and much more!

Bring your family, come down and join your Comrades and Sisters to enjoy a great time!



## Volunteers Needed

We are still looking for volunteers to assist organizing, set-up, clean up, events, etc. for the picnic. Sign up sheets are posted in the Canteen.

If you have any questions, please contact Steven Graves (Jr Vice Commander), or any Post Officer.

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## 9TH ANNUAL MEMORIAL RUN

**October 11th, 2014**

**Registration: 09:00 - 10:30**

**\$10 per Rider / \$5 per Passenger**

Post 392 presents the 9th Annual Memorial Run ... this year with a twist. Instead of competing for best / worst poker hands, you will be playing a game of 'battleship' with most hits / least hits awards. The first ever Battleship Run!

It's all in fun, and for a worthy cause. Because ALL PROCEEDS benefit sponsored cancer research and Post 392 Veterans Assistance Programs in memory of George Myers.

So come out and joins us! Before the run, there will be a breakfast buffet (\$6.00). And after the Poker Run, we will have a free lunch at Post 392, along with awards, 50/50

drawings, door prizes, raffles, and more!

And just remember: you do not have to have a motorcycle to be in the run. ALL wheels are welcome.

The organization is off to a great start! Donations are really starting to come in, it looks like we are going to have some terrific door prizes this year!

Also - we're taking orders for T-Shirts from now until 9/15/2014. There will be a form in the Post for anybody to fill out if they would like to preorder shirts, or just get a hold of Flip.

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## GETTING YOUR HOUSE IN ORDER

### **Have you done a legal tune-up lately?**

So, how long since you've completed all your estate planning documents? When was the last time you read them? It's a good idea to review your documents at least every five years or upon an event that might require an edit of your documents (like your executor can no longer serve). First of all, locate your documents. If you can't find them, make an appointment with legal to re-do them. Second, read each document carefully. On your will, double check the names of beneficiaries; executors, etc. (Did your daughter get married since you wrote the last will?) or if you even made a will? Are the executors and trustees still the right people for the job? Do you still want the same distribution of your assets?

Review you living will and health care power of attorney. Are your wishes expressed in those documents still what you want? Are the agents you appointed still

the right people to make these decisions for you? Have their names or contacts information changed? If you have a durable financial power of attorney, are the agents you appointed still the right people to make these decisions for you? Have their names or contact information changed? Do you want to change what your agents can do for you if you become incapacitated?

If any of your documents need changes, contact legal for assistance in revising your documents. Active duty or retired service members and their ID card holding family members may be eligible for free legal assistance. For more information on modifying or updating your documents and/or to find a legal assistance office near you, call your nearest military installation JAG section.

**Post Chaplain  
Robert Duvall  
Service Officer  
Joe Brady**

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## 13TH ANNUAL TOMMY SCHRYVER MEMORIAL GOLF CLASSIC

**September 20th, 2014**

**Registration: 07:30**

**Tee Off: 09:00**

**Oceana Aeropines**

**\$75.00 Per Person**

Each year, Post 392 hosts our annual Tommy Schryver Memorial Golf Classic. This year will be the 13th year of this event, which serves as both a memorial celebration of an outstanding serviceman and community leader, as well as a fund raising event in support of our local veteran community. All proceeds derived from this tournament are directed entirely towards assisting our local



veterans, both in the local community and also those that are hospitalized.

Come out and join us for this 4 man best ball golf fundraiser! Entry fee includes breakfast, and lunch at Post 392. There will be hole in one prizes, door prizes, raffles, contests, and much, much more! All golfers welcome!

Registration form can be found at VFW's Web Site <http://www.vfw392.org/calendar/calendar.htm>. Scroll down to the Upcoming events section, and the webmaster has all applicable links for the tournament! Or see any Post Officer.

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### **COOTIE BREAKFAST**

#### **Coming September! Volunteers Needed**

Where else can you have a fantastic breakfast with family and friends ... and know that all the proceeds go directly to support our local hospitalized Veterans? Please mark your calendars for September to come and join us for a wide variety of breakfast foods, meats, eggs, fruit, and more. There's always coffee, or maybe have something a little stronger if you wish. You won't be disappointed!

#### **Volunteers Needed**

We could still use volunteers. You don't have to be a Cootie to volunteer, we welcome anyone who wishes to join us. We are all volunteers working for a most worthy cause. Every penny we make goes to our hospitalized Veterans. In addition to the work, we have a lot of fun and make some great friends.

If anyone is willing to help us, please contact Doug Keller (757-418-3178), or Patty Stokes (757-

468-9249), or any Post Officer.

#### **Breakfast Chairpersons Doug Keller & Patty Stokes**

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### **GOLF OUTING**

**August 17th, 2014**

**Stumpy Lake Golf Course**

**\$35.00 Per Person**

**(includes carts & green fees)**

The next golf outing will be on August 17th at Stumpy Lake Golf Course. It is open to all who want to play.

Cost is \$35 includes carts, green fees, and closet to the pins on par 3s. Format is TBD depending on the number of golfers.

This is a fun time to play with your fellow VFW members and guests and it will be the last scheduled outing this year. Come on out and have a good time!

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### **POST 392 NON-SMOKING FACILITY ANNOUNCEMENT**

**As of August 1st, 2014**

Post 392 is a non smoking facility as of August 1st per the House Committee, and the Membership votes.

As we've previously expressed that we will not be able to serve all Veterans if we continue to smoke within the Post. That is why we are asking the smokers (I am a smoker for now), to step outside and have a smoke. I will be working closely with the House Committee, and ask to enhance the patio area to make it more comfortable for smoking outside. This will take time, money, and volunteers, so please be patient.

I do not want the smokers to feel that we are pushing them out. Instead, I want them to be rewarded with nice surroundings for making the Post a habitable

and enjoyable environment for both smokers and non-smokers.

**Post Commander  
Steven C. Williams**

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### **CORRECTIONS**

Last month's newsletter incorrectly listed the Cancer Aid & Research Chairpersons. The correction in this month's newsletter now reads "Tina Brown and Judy Lupole."

Please accept our apologies for any confusion or issues the errors may have caused.

We welcome any comments, suggestions, or complaints about errors that warrant correction. They can be directed to any of the Post 392 Officers, or email them directly to the Newsletter Chairman at [mcullen4@live.com](mailto:mcullen4@live.com), or to the Webmaster at [webmaster@VFW392.org](mailto:webmaster@VFW392.org).

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### **INCOMING**



*"He's so wasted."*

INCOMING Cartoons provided by John Sheppard. Visit his website at: [www.incomingcartoons.com](http://www.incomingcartoons.com)

John Sheppard has a new Book: 'INCOMING Military Cartoons'! Visit his website to order a copy!



**THE RED, WHITE AND BLUE - 392**

| SUN   | MON   | TUE   | WED                                  | THU  | FRI                            | SAT   |
|---|---|---|--------------------------------------|--|--------------------------------|---|
|   |   |   |                                      |  | <b>1</b>                       | <b>2</b>  |
|   |   |   |                                      |  | • Entertainment<br>Capt. Moose | • VA Hospital:<br>“Christmas in August” at VA Hospital                |
| <b>3</b>                                      | <b>4</b>  | <b>5</b>  | <b>6</b>                             | <b>7</b>   | <b>8</b>                       | <b>9</b>  |
|   | • VFW / LAUX Staff Meeting<br>6:30 PM<br>• Happy B-Day USCG (est. 1790) | • VFW / LAUX Post Meeting<br>7:00 PM                        | • MCL Meeting<br>7:00 PM             | • Spare Ribs & Sauerkraut<br>6 - 7:30 PM                       | • Entertainment<br>Tim Hopkins | • District Meeting at Post 392<br>• School of Instruction at Post 392 |
| <b>10</b>                                     | <b>11</b>   | <b>12</b>   | <b>13</b>                            | <b>14</b>  | <b>15</b>                      | <b>16</b>   |
|   | • FRA 166 Staff Meeting   | • MOC / MOCA Meeting<br>7:00 PM                             |                                      | • Fried Chicken<br>6 - 7:30 PM                                 | • Entertainment<br>Capt. Moose |   |
| <b>17</b>                                     | <b>18</b>   | <b>19</b>   | <b>20</b>                            | <b>21</b>  | <b>22</b>                      | <b>23</b>   |
| • Salty Dawgs<br>• Golf Outing<br>Stumpy Lake | • FRA 166 Branch Meeting  | • MCL Staff Meeting<br>7:00 PM<br>• IOOB Meeting<br>7:30 PM | • AOA Meeting<br>6:00 PM             | • VVA Chap. 969 Board Meeting<br>• Fish-n-Chips<br>6 - 7:30 PM | • Entertainment<br>Jim Berry   | • VA Hospital:<br>BINGO at VA Hospital                                |
| <b>24</b>                                     | <b>25</b>   | <b>26</b>   | <b>27</b>                            | <b>28</b>  | <b>29</b>                      | <b>30</b>   |
|   |   | • VVA Chapter 969 Meeting<br>7:00 PM                        | • House Committee Meeting<br>7:00 PM | • Grill Your Own Steak (Ribeye)<br>6 - 7:30 PM                 | • Entertainment<br>TBD         | • Post Picnic SET UP  |
| <b>31</b>                                     |   |   |                                      |  |                                |   |
| • Post 392 Picnic<br>12:00 - 5:00 PM          |   |   |                                      |  |                                |   |

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